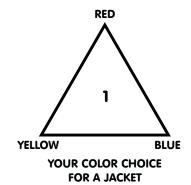
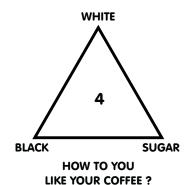
ATTITUDE AWARENESS WORKSHEET PRACTICE IDEAS FOR FAMILIARIZATION

USE THESE TO STIMULATE DISCUSSION & DISCOVERY -- HUMOR IS GOOD -- YOU MAY NOT ARGUE OR JUDGE OR COMPETE

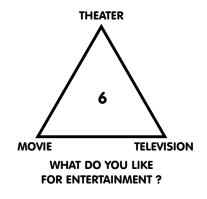




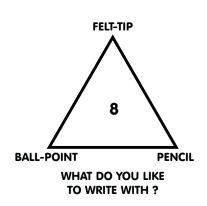
















OPINIONS AND FEELINGS ARE FREQUENTLY A PERSONAL TRIUMPH OVER GOOD THINKING YOU DEFINE REALITY BY WHAT YOU KNOW, WHAT YOU BELIEVE, AND WHAT YOU DO ABOUT IT.